

Notes and Quotes - Soul Care in Community

I discovered this need for competent souls guides in my own life many years ago. The trouble was, I didn't know where to find them. All around me there were astute Bible teachers, dynamic preachers, passionate evangelists, and skilled ministry organizers – **but no spiritual guides**. Many were willing to discuss the generalities of the Christian life, but I found no one willing to talk about the particulars of my soul's condition. I needed someone who **appreciated my uniqueness** as a person made in the image of God and who **could help me make sense of the life-path** on which God had me. Was there anyone who could **bring spiritual insight** to my condition?

Howard Baker

Contemplative Living – Living in a moment to moment, divine-guided *attentiveness* to the Self, the World, and God's presence and then being able to *respond* to the movements of the Spirit with all the Power, Character and Tools God has given us - in the moment

Spiritual Disciplines are those spiritual exercises that we engage in to give God the space, time, and attentiveness to make us more like Jesus and to create a greater intimacy with Him. They are means by which we participate *with* God in order to be changed *by* God.

There are certain people we meet to whom we feel we can talk because they have such a deep capacity for hearing; not hearing words only but hearing us as a person. They enable us to talk on a level which we have never before reached. They enable us to be as we have never been before. We shall never truly know ourselves unless we find people who can listen, who can enable us to emerge, to come out of ourselves, to discover who we are. We cannot discover ourselves by ourselves.

Edward Farrell

Above all, I need a **spiritual friend** or **group of friends of the soul** who are able to see right through me and love me as I am ...If I am to engage in this fantastic battle for my life-in-God, I need the compassion of my companions. I need someone who penetrates my senseless ceaseless chatter and sees the terrific thing there really is in me. This is a good definition of the ancient role of friend of the soul. He or she is one who enters with me and, if necessary, fights against the me who is sometimes tempted by cynicism or despair...This friend of my soul is bearer of good news. He or she, by simply staying by my side through difficult times, proclaims that I am more than my cynicism and despair. There is in me, after all, a terrific thing. - Alan Jones

Soul friendship is the gift of a place where anything can be said without fear or criticism or ridicule. It is a place where masks and pretensions can be set aside. It is a place where it is safe to share deepest secrets, darkest fears, most acute sources of shame, most disturbing questions or anxieties. It is a place of grace - a place where others are accepted as they are for the sake of who they may become.

David Benner

Maturity comes only by confronting what has to be confronted within ourselves.

Esther DeWaal

Inattention to the soul drains us of spiritual enlightenment and effectiveness. With internal neglect we grow deaf to God's still, small voice, and we need his whispers to discern our purpose and his guidance. However, when tending to the soul... we can also avoid looking and listening within because of the sin and unpleasantness we might uncover. Who wants to look within when we could find disobedience, woundedness, indifference, or feelings of inadequacy? Who wants to muster the courage and energy to confront these attitudinal and emotional blockades to our communication with the Holy Spirit? Not many. It's easier to keep the status quo, wrapped in apprehension and bemoaning that we don't know what to do with our lives. Easier, but also unfulfilling and purposeless." – Judith Couchman

It was love that motivated Jesus to confront Peter. **Love cannot ignore things that are self-destructive in the loved one...**The true soul friend will not accept our self-deceptions but will gently and firmly confront us with our soul blindness. Soul friends want each other to settle for nothing short of becoming the whole and holy person they were called to be. - D. Benner

Soul Care is a way of spiritual care that seeks to intentionally nurture, encourage, and lead people through a contemplative and transformative process toward a deeper intimacy with God, a greater sense of wholeness and Christ-likeness, and toward a more powerful and godly witness in the world.

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* Be sure to check out these books on line first before you buy them. They may not be what you need.

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